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ABSTRACT

This lesson uses an interdisciplinary approach to looking at the concept of "heroes." In a world with few heroes, students will recognize the positive character traits of heroes through the use of music, art, creative writing, and literature. The lesson offers an overview; suggests length and grade level; gives subjects and subtopics; cites dimensions of learning and intelligences being addressed; notes equipment and materials needed; lists teacher resources; and addresses National Standards for Arts Education and other standards. It also presents instructional objectives and strategies; provides a detailed, step-by-step instructional plan; and suggests assessment and extension activities. Attached are quotes from writers about heroes and a question to answer about heroes. (NKA)

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Curricula, Lessons and Activities

Heroes

Resource Type: lesson

Length: two 50-minute class periods

Grade: 5

Subjects: Language Arts, Performing Arts

Subtopics: Drawing, English, Music

Intelligences Being Addressed:

- Interpersonal Intelligence
- Intrapersonal Intelligence
- Musical/Rhythmic Intelligence
- Verbal/Linguistic Intelligence
- Visual/Spatial Intelligence

Dimensions of Learning:

- Acquisition and integration of knowledge
- Extension and refinement of knowledge
- Meaningful use of knowledge
- Productive habits of the mind

Overview: In a world with few real heroes, students will recognize the positive character traits of heroes through the use of music, art, creative writing, and literature.

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Equipment:

- Projector: overhead
- Sound System CD player

Media & Materials:

- Book: *The Children's Book of Heroes* by William Bennett
- Recording: CD: Billy Gilman's *One Voice* (Sony 2000),

Printouts: This lesson has printouts. They are referenced in the "Student Supplies" or "Other Materials" sections below.

Student Supplies: 1 each per student: pencil, drawing paper, set of crayons, colored pencils, or markers

Other Materials:

- Quotes about heroes for display
- "There's a Hero" song lyrics for overhead projector
- What Is a Hero? worksheet
- Timer
- Whiteboard/markers
- William H. Bennett's *The Children's Book of Heroes* (see Teacher References section for complete bibliographic information.

Related Textbooks: None

Teacher Internet Resources:

Lesson and Extension Specific Resources:

- **Heroic Activities to Celebrate Heroes**
  http://www.education-world.com/a_lesson/lesson218.shtml

  This site includes wonderful lesson ideas for the teacher looking to begin or expand on a lesson involving students' perceptions and identification of heroes in their lives.

General Internet Resources:

- **GoodCharacter.com**

http://www.goodcharacter.com/index.html

Containing a wealth of resources about character education, this site contains information, ideas, materials, and more.

National Standards for Arts Education:

- 5-8 Music Content Standard 1 : Singing, alone and with others, a varied repertoire of music
- 5-8 Visual Art Content Standard 1 : Understanding and applying media, techniques, and processes

Click here for additional information on the National Standards for Arts Education

Other National Standards:

- Language Arts : Writing #2, #4
- Life Skills : Self-Regulation #4.4

Source of Standards: McRel

For more on the Standards in other subjects, please refer to the Mid-continent Regional Education Laboratory (McREL) website.

State Standards, if any:

To search the State Arts Standards, please visit the National Conference of State Legislatures website.

Instructional Objectives: Students will:

- learn to sing the song, "There's a Hero."
- draw illustrations for the song "There's a Hero."
- be able to express themselves both in writing and orally about a hero in their life.

Strategies:

Direct instruction
Guided discovery
Small group work
Oral presentations
Independent work

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Instructional Plan:

Introduction

The room will have quotes about heroes on display several days in advance. The introduction will begin with by playing "There's a Hero" as sung by Billy Gilman on his CD, *One Voice*. The students will be asked to listen carefully for clues as to the theme of the song.

Procedure

1. Put up the words to the song on the overhead projector and play the song again, having the students follow along with the words.

2. Write the question on the board, "What is a hero?"

3. Allow students a couple of minutes to express their ideas about the question. Pass out the What is a Hero? worksheets as the discussion progresses.

4. Read the heading and definition of a hero on the top of the page.

5. Tell the students they have three minutes to think of all the heroes they possibly can and write them down under #1 on their worksheets. Use a timer to facilitate the time-keeping process.

6. The class then brainstorms together to exchange ideas about heroes for an additional three minutes. Use student helpers to write these ideas on the board.

7. Instruct the students to think of one person in their lives that they might consider a hero. Direct the students to write an explanation or story of who they have chosen and why under #2 on their worksheets. Explain to them that these will be shared with the class at a later point.

8. As students finish their writing, put them in groups of two or three. Provide each group with a piece of paper and colored pencils, crayons, or markers. Each group's paper will contain one line of the song that they will illustrate together. They will need to work together to come up with an appropriate picture that shows the meaning of their line of the song. Give them a time limit so that this activity takes no longer than 15 minutes. The lines will break down as follows:

a) There's a flower in the smallest garden reaching for the light.
b) There's a candle in the darkest corner conquering the night.
c) There is amazing strength in a willing hand.
d) There are victories that you've never planned.
e) There's a hero in everybody's heart.
f) There's a fire inside of everybody burning clear and bright.
g) There's a power in the faintest heartbeat that cannot be denied.
h) Go on and trust yourself 'cause you can ride the wind.
i) You're gonna take your dreams where they've never been.
j) There's a hero in everybody's heart.

9. Put the illustrations in order on the board as they are completed. Have the students view each other's work and review the sequence of the song.

10. At the end of the 15 minutes, sing the song together using the illustrations.

11. Have volunteers come to the front of the classroom to share their writing about their heroes. Talk to the students about appropriate audience response, which includes respectfully listening and, possibly, appropriate clapping. Encourage all to participate.

Closure

1. Talk about how the students can be heroes by the choices they make. Read the story, "Tashira's Turn" from *The Children's Book of Heroes*.

2. Finish by singing "There's a Hero" and discuss the lyrics. Point out how the lyrics contain words of encouragement about facing the challenges of life with courage.

Assessment: Informal assessment will occur throughout the lesson as the teacher observes how the student is engaged in the illustration activity. They will also be assessed on their participation in singing the song along with the illustrations. The stories about their personal heroes will be collected for review after the students share with the class.

Extensions: Find additional lessons about heroes on the Education World site.

Teacher References: Bennett, William H. (ed.). *The Children's Book of Heroes*. New York: Simon and Schuster, 1997.

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Review Date:

ARTSEDGENotes:

Hero Quotes

"Explore your mind,
discover yourself,
then give the best that is in you
to your age and to your world.
There are heroic possibilities
waiting to be discovered in
every person"
- Wilferd A. Peterson

"A hero is someone who has given his or her life to something bigger than oneself."
- Joseph Campbell

"Never in the field of human conflict was so much owed by so many to so few."
- Sir Winston Churchill

"Without heroes we're all plain people and don't know how far we can go."
- Bernard Malamud

"One person can
and does
make a difference."

"In everyone's life, at some time,
our inner fire goes out.
It is then burst into flame
by an encounter with another human being.
We should all be thankful
for those people who rekindle the inner spirit."
-Albert Schweitzer

"Heroism is not just
pulling a child from a burning house
or a driver from an icy river
or a kitten from a tall tree.
Heroism is also
holding the door for a frail elderly
and driving courteously and cooperatively
and listening with an attentive heart to a friend's words.
Small daily acts of love are as heroic as
big once-in-a-lifetime acts of rescue."
- L. M. Heroux

"Aspire rather to be a hero than merely appear one."
- Baltasar Gracian

"Few of us will do the spectacular deeds of heroism
that spread themselves across the pages of our newspapers
in big black headlines.
But we can all be heroic in the little things of everyday life.
We can do the helpful things, say the kind words,
meet our difficulties with courage and high hearts,
stand up for the right when the cost is high,
keep our word even though it means sacrifice,
be a giver instead of a destroyer.
Often this quiet, humble heroism
is the greatest heroism of all."
- Wilferd A. Peterson

"Explore your mind, discover yourself,
then give the best that is in you
to your age and to your world.
There are heroic possibilities
waiting to be discovered in every person."
- Wilferd A. Peterson

"There's A Hero"
Lyrics by Don Cook and John Jarvis

There's a flower in the smallest garden
Reaching for the light
There's a candle in the darkest corner
Conquering the night
There is amazing strength
In a willing hand
There are victories
That you've never planned
There's a hero
In everybody's heart
There's a fire inside of everybody
Burning clear & bright
There's a power in the faintest heartbeat
That cannot be denied
Go on and trust yourself
Cause you can ride the wind
You're gonna take your dreams
Where's they've never been
There's a hero
In everybody's heart
Go on and trust yourself
Cause you can ride the wind
You're gonna take your dreams
Where they've never been
There's a hero
In everybody's heart.

What Is a Hero?

"A hero is someone who is distinguished for his or her courage or ability. They are admired for brave deeds and noble qualities. They may have performed heroic acts. They may also be someone who is a model or an ideal."

1. Make a list of all the heroes you can think of—both real and fictional.

2. Think about a person in your life who you might consider a hero. Write a short explanation or story about why you consider him/her to be a hero.

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